



HEALTH SCOREBOARD

4-H HEALTH PROJECT (LESSON I)

The fourth "H" stands for Health. The 4-H pledge says, "I pledge my *HEALTH* to *better living*." This means that every 4-H'er should build for himself or herself the best health possible.

Boys and girls have lots of good reasons for wanting to keep well. Here are some reasons others have given. Are yours the same? Check the ones that apply to you, or add other reasons if you want.

I want to be healthy

- ☐ So I can have fun.
- ☐ So I'll be good at sports
- ☐ So I can grow up strong.
- ☐ So I won't have to stay at home when others go out.
- ☐ So my parents won't have to worry about me.
- ☐ So I can do all the things I want to do.
- ☐ So I can help other people to be healthy and happy.
- ☐ So I can live longer.



My own special reason or reasons are: _____

GOALS FOR BETTER HEALTH

Choose a partner and tell each other what signs of health you have and where you think you can improve. Check the ones that describe the way you are.

OUTWARD SIGNS OF GOOD HEALTH	THE WAY I AM	I NEED TO WORK ON
EXPRESSION: Smiling, alert and happy		
ATTITUDE: Friendly and willing to take part in activities		
APPETITE: Eat new foods and willing to try a variety of new foods		
WEIGHT: Right for age, height, and body type		
POSTURE: Sit and stand straight and tall		
ENERGY: Plenty of energy for both work and play, do not tire easily		
TEETH: Clean and any defects or cavities corrected		
SKIN: Smooth and clean		
EYES: Bright and clear, no dark circles, no red, glasses if needed		
HAIR: Clean, shiny and no dandruff		

Did you find some areas that you needed to work on? Select one area that you wish to improve. Tell your family that during the next couple of months you will be trying to improve and ask them to help you. Begin by:

1. Finding out all you can about ways to improve.
2. Deciding on the improvement you want to make.
3. Making a plan.
4. Taking action.

Example:

<u>The Problem</u>	<u>Plan</u>	<u>Action</u>
cavities	see dentist	brush teeth after eating/cut down on sweet snacks

The Problem _____

Plan _____

Action _____

CHART YOUR GROWTH PATTERN

Everyone has his own "built in" growth pattern. Some people are tall for their age, others are short.

Growth doesn't take place evenly. There may be times you seem to "shoot up" like magic, then there may be times when you don't seem to grow at all.

Girls usually grow in size more rapidly than boys during the age period from 10 to 12. Boys grow more rapidly than girls from 12 to 16.

It is important to remember that even though others may be shorter or taller, if healthy, their size is normal. This is the reason that your height and weight should be compared with your previous growth record and not with the heights and growths of others.

Regular growth is one sign of being healthy. You may be fast-growing, average or slow-growing. Whichever you are, a steady gain in height and weight is one sign that you are healthy.

With the help of your leader or parents weigh and measure yourself each month. Record it on the chart.

	HEIGHT	WEIGHT
SEP.		
OCT.		
NOV.		
DEC.		
JAN.		
FEB.		
MARCH		
APRIL		
MAY		
JUNE		
JULY		
AUG.		

EXERCISE FOR FITNESS

Exercise ranks among food, water and sleep as an important factor to healthy living.

Your body contains more than 600 muscles. By the time you are 12 years old, your body is more than one-third muscle. If your muscles are never required to exert themselves other than by sitting, walking, standing and playing occasionally, they will never grow strong. You need lots of exercise like running, jumping, throwing, bending, hiking, riding the bike, and swimming.

Find several games which you enjoy and which have a lot of activity to them. Many of these you can enjoy by yourself. A lot of games you will enjoy playing with your family or friends.

List exercises that you enjoy

How often do you do these exercises?



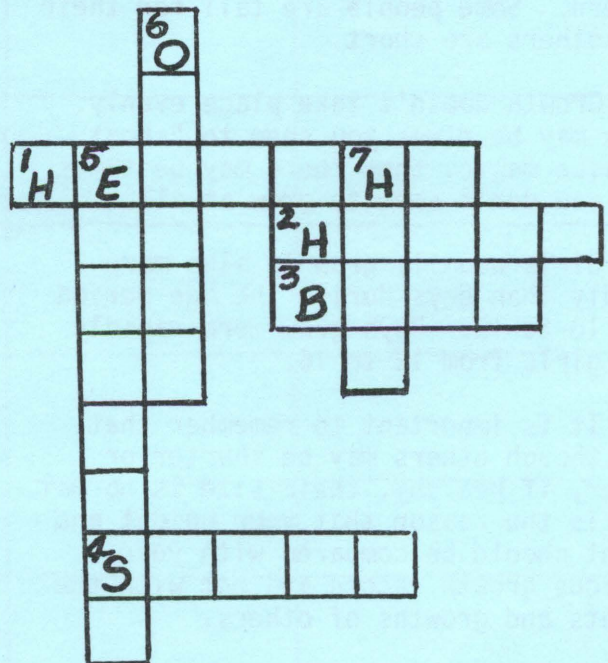
JUST FOR FUN!

ACROSS

1. Good food, exercise and plenty of sleep will help to keep you ____.
2. Opposite of sad.
3. Many people ride a ____ for exercise.
4. Good teeth help you have a pretty ____.

DOWN

5. This keeps muscles strong and healthy.
6. A nutritious snack that begins with an O.
7. It's on your head and needs regular shampooing.



ANSWERS: (1) healthy; (2) happy; (3) bike; (4) smile; (5) exercise; (6) orange; (7) hair

Resource: "Personal Health" 4-H publication from Wisconsin; "It's Up to You" 4-H publication from Kentucky.

Prepared by: Gaynelle Hogan, Extension Specialist, Consumer Health, VPI & SU